# KETO BREADS & KETO DESSERTS

100+ Easy Low-Carb Recipes to Enjoy Bread, Cakes & Desserts Without the Guilt

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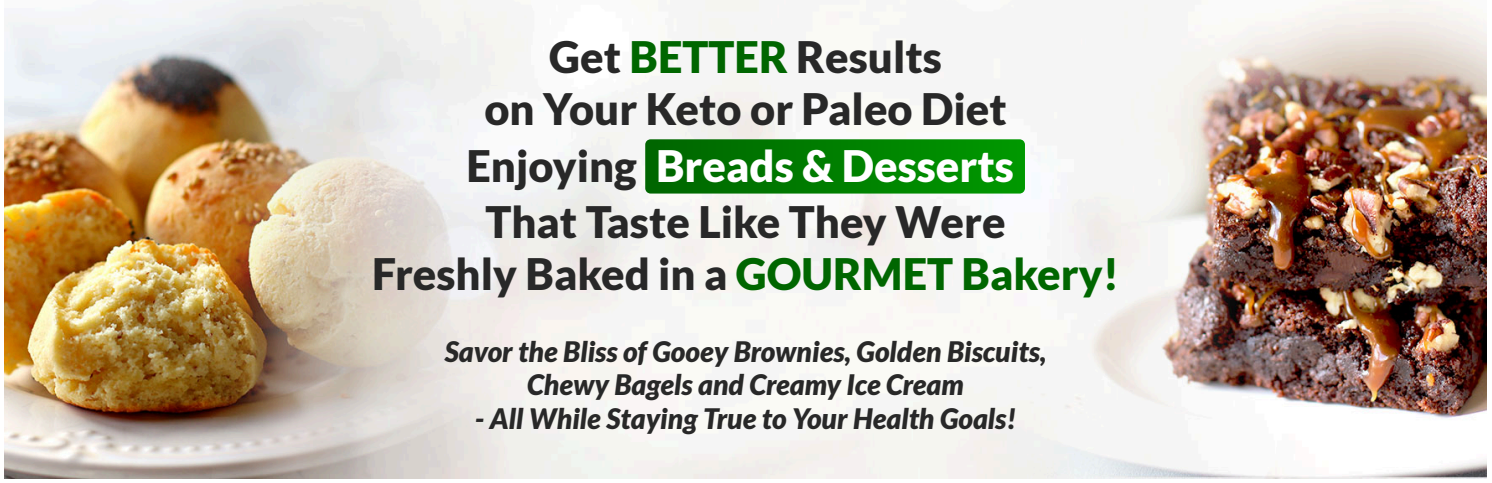
**SPECIAL OFFER: Your Favorite Sweet & Savory Comfort Foods —Reimagined for Keto!**



# Get BETTER Results on Your Keto or Paleo Diet Enjoying Breads & Desserts That Taste Like They Were Freshly Baked in a GOURMET Bakery!

***Savor the Bliss of Gooey Brownies, Golden Biscuits, Chewy Bagels and Creamy Ice Cream - All While Staying True to Your Health Goals!***

## TODAY: Enjoy 100+ Fat-Burning Recipes Inside My ULTIMATE Keto Baking Bundle —Now Yours for 50% Off!

**A Personal Note from **Kelley Herring**,*
*Author of **Keto Breads & Keto Desserts****

A Special Report from
**Kelley Herring, M.S, M.B.A**
Author & Nutritional Biochemist
Founder, Healing Gourmet

If you're like me, the hardest part of following a ketogenic diet isn't giving up the carbs—*it's giving up the foods you love.*

That's because **food is so much more than just fuel.** It's part of our memories and traditions.

Whether it's **a loaf of warm, crusty bread shared at dinner**... a plate of **warm chocolate chip cookies fresh from the oven**... or **a decadent slice of cake for a special occasion**, comfort foods hold a special place in our hearts.

That's why they're **the #1 reason so many people fall off track with keto.**

But I have **good news for you**: You don't have to give up your favorite comfort foods to stay in line with your health goals.

In fact, you can enjoy **delicious breads and desserts that taste like they were baked in a gourmet bakery—without ever compromising your progress or sacrificing your health.**

**Imagine indulging** in these beloved foods **without guilt or setbacks**, while watching **your health improve every day.** With the right recipes, this isn't just possible—*it's easy.*

After **decades of perfecting recipes** that combine indulgence with nutrition, I'm **excited to share them with you.**

Before we dive into the solution, let's uncover what makes comfort foods such a challenge for so many on keto...

And just to make sure you keep coming back for more, the blood sugar spike caused by high-carb bread **floods your brain with dopamine**—the same "craving neurochemical" from which the word *"dope"* originates.

So it's no stretch to say...

# How Your Favorite Comfort Foods Are Silently Sabotaging Your Health

There's a reason comfort foods like warm, crusty bread and gooey chocolate desserts are so beloved.

These foods evoke nostalgia and bring joy to every bite.

***But what if those very foods are standing in the way of your health and weight loss goals?***

Or worse... setting you up for a lifetime of chronic disease.

Most comfort foods are loaded with **hidden compounds** that wreak havoc on your body.

Consider this...

Did you know that bread can actually be *addictive*?

It's true! Traditional bread contains compounds called ***gluteomorphins***—which trigger the same opioid receptors in your brain that respond to substances like morphine. This creates a feel-good, *euphoric* response that leaves you craving more with every bite. [1]

And it's not just about cravings...

According to research published in the *American Journal of Clinical Nutrition*, **eating just two slices of whole wheat bread spikes blood sugar more than drinking a can of soda, eating a candy bar or six teaspoons of table sugar!** [2] That sugar surge leads to energy crashes, mood swings, and stubborn fat storage.

Now, let's talk about desserts.

Sure, they're delicious—but most are loaded with **fructose**, a metabolic "mutant" sweetener that doesn't just cause weight gain... it can **increase fat storage by a shocking 3,900%** and **accelerate aging by 900%!** [3].

## But Here's What You *Don't See Happening* Beneath the Surface...

Even if you don't feel immediate effects, **each bite** of bread or sugary desserts could be silently harming your health:

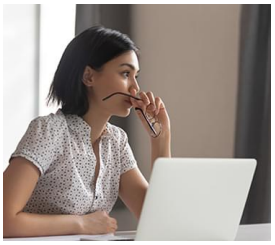
**Gut Inflammation:**
Gluten and lectins irritate your gut lining, causing **bloating**, **cramps**, & **digestive issues**.[4]

**Chronic Disease Risks:**
Spikes in blood sugar and inflammation **increase your risk** for diabetes, heart disease, and autoimmune disorders.[5]

**Weight Loss Resistance:**
These foods create a vicious cycle of cravings and fat storage, making fat loss feel nearly impossible.[6]

**Joint Pain:**
Inflammatory compounds from gluten and sugar can **worsen joint stiffness and pain**, contributing to arthritis symptoms. [15]

**Mood Disorders:**
Blood sugar crashes and gut inflammation have been linked to **anxiety**,**depression**, and**mood swings**. [16]



**Memory Problems:**
Chronic inflammation and blood sugar spikes mayimpair cognitive function, leading to brain fog and forgetfulness. [17]

For many of us, comfort foods are tied to cherished memories. The smell of bread baking in the oven or the taste of a homemade dessert can transport you back to simpler, happier times.

Giving up these foods can feel like losing a piece of yourself.

But here's the good news: You don't have to choose between your health and the foods you love.

*Imagine if every slice of bread or bite of dessert didn't just satisfy your cravings—but actually brought you closer to your health goals.*

It may sound too good to be true, but science proves it's possible...

## Unlock the Life-Changing Power of Keto — *Without* Giving Up the Foods You Love

When your body enters a state of **ketosis**, it shifts from burning carbs for fuel to using fat as its primary energy source.

When your body enters a state of **ketosis**, it shifts from burning carbs for fuel to using fat as its primary energy source.

This metabolic transformation brings **remarkable health benefits:**

- **Accelerated Fat Loss:** Your body becomes a fat-burning machine, melting away excess weight without extreme hunger or cravings. [7]
- **Steady Energy Levels:** Say goodbye to the crashes caused by blood sugar spikes and dips. [8]
- **Improved Mental Clarity:** Ketones fuel your brain more efficiently than glucose, boosting focus and cognitive function. [9]
- **Reduced Inflammation:** By cutting out sugar and processed carbs, you lower chronic inflammation—one of the leading drivers of chronic disease.[10]

Personally, I've experienced these life-changing benefits firsthand. When I follow a **Paleo-Ketogenic lifestyle**, I feel **stronger, leaner, and more energized.**

It's no wonder millions of people have transformed their health with a **grain-free, low-carb lifestyle** that's rich in healthy fats and free from processed carbs.

By avoiding foods our ancestors didn't eat—like grains and sugar—and focusing on **nourishing fats** with a balance of protein and very low carbs, my body has reprogrammed itself into a **fat-burning powerhouse.**

But here's the thing...

Even with all these benefits, **staying keto can be hard**.

The truth?

**Cravings for comfort foods** like bread, pizza, and desserts are the **#1 reason people "fall off the wagon"** and abandon their keto journey.

## The Secret to Satisfying Your Cravings While Staying Keto

*But what if you could enjoy the foods you love—warm, buttery bread, gooey brownies, or a slice of pizza—without breaking ketosis?*

**That's when your favorite comfort foods—reinvented with 'intelligent ingredients'—transform the game.**

These are **uniquely crafted recipes** designed to mimic the taste and texture of your favorite comfort foods—while keeping your body in a fat-burning state.

Research supports the power of these functional foods:

- **Almond flour and natural sweeteners** help stabilize blood sugar and reduce insulin spikes.[13]
- **High-fat, low-carb recipes** keep you full and support ketosis longer.[14]
- **A well-formulated ketogenic diet** can improve body composition, reduce appetite, and help you stay on track. [12]

Now, picture indulging in a **decadent chocolate brownie** or a **crusty loaf of bread**—and knowing every delicious bite is nourishing your body and helping you reach your health and weight loss goals.

I know, it might sound too good to be true... but in the next section, I'll show you that you really can:

## Have Your Bread... AND Be Well Too!™

**Keep Reading to Get My Recipe for "REAL DEAL" Keto Bread PLUS: 80+ More Keto-Friendly Creations**

If the serious health risks of sugar and wheat has caused you to swear off **buns, biscuits, brownies** and **biscotti** forever, I understand.

After all, nothing is more important than our health!

But it'd be a shame if you had to miss out on these simple (and delicious) pleasures forever.

The GREAT NEWS is you don't have to!

You don't have to give up your enjoyment of **fresh-baked bread.**

You don't have to forego the pleasure of a **hot stack of French toast...** a **cheeseburger on a REAL bun...** or a **crusty piece of garlic bread** to go with **Bolognese and meatballs.**

And **say goodbye to the temptation to "cheat"** on your healthy diet, because...

Enjoying these foods can actually HELP you stick to your healthy way of eating!

And I am NOT talking about second-rate imitations that don't measure up to the real thing.

I mean divinely delicious bread – so good it could be served in the finest restaurant.

I'm talking about some of...

## The Best Breads You've Ever Tasted... With the Same Taste & Fresh-Baked Aroma You Know and Love!

You are about to discover just how delicious and truly healthy bread can be...

So, say goodbye to bland and boring imitations!

And just imagine buttering up a few of these beauties...

**Crusty Dinner Rolls**

**Hearty Sandwich Breads**

**Luxurious Loaves**

**Chewy Pizza Crusts**

**Breakfast Breads**

**Fabulous Flatbreads**

**Morning Muffins**

**Sturdy Burger Buns**

**Artisan Boules**

With *Keto Breads*™, you can enjoy the foods you love without compromise.

***But what about your sweet tooth?***

Cravings for rich, decadent treats can often feel like the ultimate keto challenge… but they don't have to be.

## Decadent Desserts
## That Help You Effortlessly Stay on Track

Imagine sinking your teeth into **gooey brownies, silky cheesecakes**, and **buttery cinnamon rolls**—treats so satisfying, you'd never guess they're keto-approved.

And the best part?

Every indulgent bite not only satisfies your cravings but also supports your metabolism through ketosis.

**Yes, you really can have your cake—and burn fat too!**

Desserts can turn an ordinary day into something special. But with traditional sweets, that joy comes at a price:

- **Sugar Overload**: Spikes your blood sugar, causing energy crashes and stubborn fat storage.
- **Inflammatory Ingredients**: Grains and processed oils fuel inflammation, accelerating aging and disease risks.
- **Cravings Cycle**: High-sugar treats hijack your brain's reward system, making it hard to stop at just one bite.

*But what if you could indulge in desserts that offer all the flavor and satisfaction you love—without the guilt, health risks, or endless cravings?*

With Keto Desserts™, **indulgence becomes your ally.**

By swapping harmful ingredients for wholesome, keto-friendly alternatives, these recipes let you enjoy your favorite treats while staying true to your goals.

## Intelligent Ingredients for Your Keto Kitchen

**Natural Sweeteners**
Monk fruit and erythritol provide sweetness without spiking insulin.[12]

**Grain-Free Flours**
Almond and coconut flours create perfect textures while supporting gut health. [13]

**Healthy Fats**
Butter, coconut oil, and cream enhance flavor and promote satiety. [14]

Just feast your eyes on these irresistible delights...

**Mouthwatering Cheesecakes**

**Moist & Decadent Cakes**

**Simple Pies & Tarts**

**Rich Brownies & Bars**

**Crispy & Chewy Cookies**

**Indulgent Ice Creams**

**Silky Soufflés & Custard**

**Melt-in-your-mouth Chocolates**

**Tasty Toppings & Frostings**

With Keto Desserts™, you don't have to give up the joy of dessert—you can savor every bite guilt-free.

## The Best of Both Worlds: Why the Ultimate Keto Baking Bundle Is Essential for Your Keto Journey

Why settle for just one when you can have both? The Keto Breads™ + Keto Desserts™ Bundle brings together the best of both worlds, allowing you to:

- **Satisfy Every Craving**: From savory breads to sweet desserts, enjoy a wide variety of recipes that keep you excited and on track.
- **Simplify Your Lifestyle**: No more searching for keto-friendly options or sacrificing taste for health.
- **Stay Consistent**: With options for every meal and snack, you'll never feel deprived.

These cookbooks let you savor the foods you love while staying fully aligned with your health goals.

Unlike other keto resources...

## The Ultimate Keto Baking Bundle Was Designed with Your Health, Satisfaction & Valuable Time in Mind

Few things in the kitchen are worse than spending your time and money to make a recipe that flops.

I don't want that to happen to you!

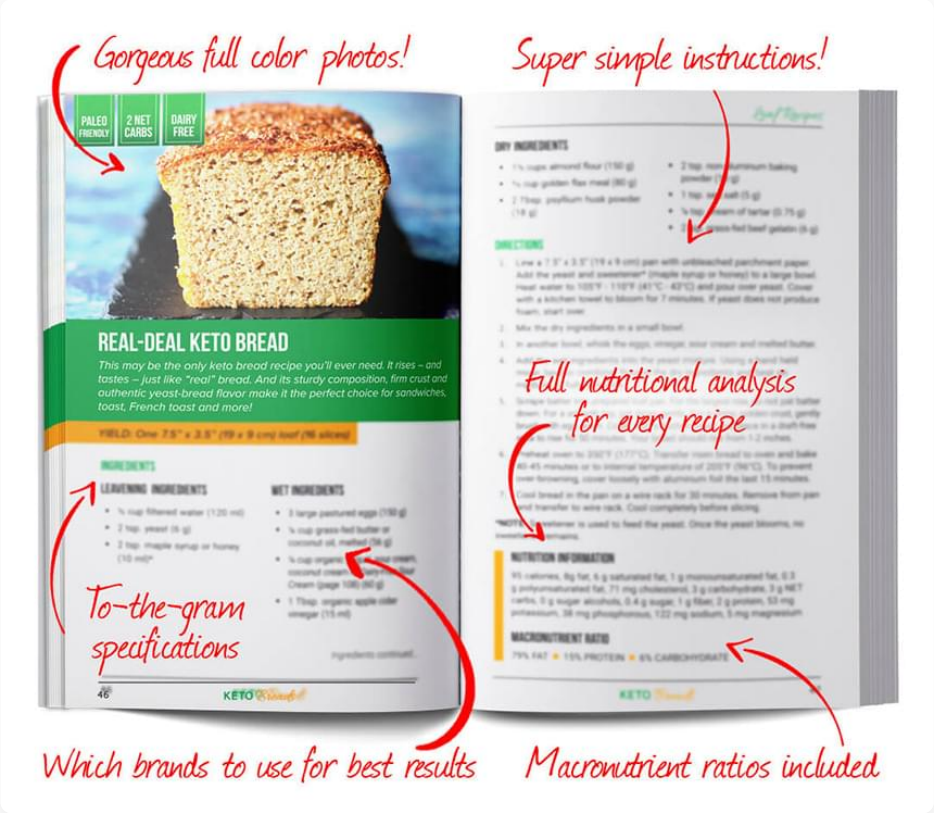
That's why you can count on...

- **Fail-Proof Formulas**– Many recipes for low-carb breads and desserts just don't work (or the results are not worth eating). We made the instructions extremely clear and provide to-the-gram measurements – so even the most novice bakers can expect outstanding results!
- **Taste Tested to Perfection**– We tasted every recipe over and over until it was perfect. So not only can you bake with confidence that your results will come out just like the pictures... you can also be sure that you and your family will love every one of these delicious creations!
- **Super-Easy Prep–** Most recipes in *Keto Breads*™& *Keto Desserts*™ can be made in just 15 minutes hands-on time, with little more than a mixing bowl and spoon. Then just pop the dough in the oven... and wait for the aroma of REAL bread to fill your home!
- **Allergy Substitutions**– If you have allergies and food intolerances, it can be difficult to find baking recipes your body agrees with. We understand this dilemma. That's why we also include a section on healthy substitutions for eggs, nuts and dairy.
- **Full Nutrition Info–** It can be difficult to track your nutrition on the ketogenic diet. We make it easy with complete nutrition information, macronutrient ratios and net carbs per serving. So you can enjoy crusty, buttery bread and sweet, luscious desserts... AND stay in the keto zone!
- **Proven Health Benefits**: Each recipe is designed to support ketosis, reduce inflammation, and stabilize blood sugar.
- **Unparalleled Variety**: Over 75 recipes to keep your meals exciting and satisfying.

We continued improving until every recipe was perfect – and you can also rest assured:

## EVERY Recipe Has Been Nutritionally Analyzed to ENSURE It Meets the "Magic Macros" of Keto

***(So, You Will Never Have to Wonder if You're Really Following a Ketogenic Diet!)***


Gorgeous full color photos!
Super simple instructions!
PALEO FRIENDLY
2 NET CARBS
DAIRY FREE
REAL-DEAL KETO BREAD
This may be the only keto bread recipe you'll ever need. It rises – and tastes – just like "real" bread. And its sturdy composition, firm crust and authentic yeast-bread flavor make it the perfect choice for sandwiches, toast, French toast and more!
Full nutritional analysis for every recipe
To-the-gram specifications
Which brands to use for best results
Macronutrient ratios included

The recipes in this bundle are the BEST I've ever created, but...

## It's More Than a Recipe Collection — It's Your Step-by-Step Guide to Guilt-Free Baking and Lasting Results on Keto

This bundle isn't just about recipes – it' about reclaiming the joy of eating while achieving the best version of yourself.

**Inside, you'll find every grain-free baking secret I've learned over the years—plus fail-proof tips to ensure your breads and desserts turn out perfectly every time – even if you're new to baking!**

This bundle doesn't just show you how to get the best results—it also explains **why** these recipes work so well and **how** you can customize them to suit your personal tastes and preferences.

Want a **crusty artisan loaf** or a **chewy roll with a golden sheen?** Craving a **gooey brownie** or a **decadent slice of cheesecake?**

**You'll discover how to make each one to your liking—while staying 100% keto.**

Take a look at just a few of the mouthwatering creations you can make in minutes...

**Keto Real Deal Bread**

**Keto Burger Buns**

**Keto French Bread**

**Mint Chip Ice Crean**

**Tiramisu**

**Strawberry Cheesecake**

**Keto Biscuits**

**NY Bagels**

**Cheddar Crackers**

When you can bake **REAL breads and desserts that taste just as good - if not better - than the carb-filled originals** – and when it only takes 15 minutes active time to make these creations – you will sashay past your favorite bakery without a second thought!

**Magic Shell**

**Lemon Tarts**

**Almond Butter Brownies**

**Banana Bread**

**Zucchini Bread**

**Keto Boule**

**Macadamia Biscotti**

**Crème Brulé**

**Chocolate Cheesecakes**

In a moment, I'll show you how easy (and inexpensive) it is to put these moist and tender breads and decadent, indulgent desserts on your table.

But first, it's important you understand...

## How these Healthy Keto-Friendly Breads & Desserts Were Created (And Why they are so Special)!

My name is **Kelley Herring.**

My educational background is **nutritional biochemistry**. Over the years, I've spent a lot of time in the library – and the laboratory. But my true passion is for the culinary arts...

And it is the **kitchen laboratory where my heart's truly at home...** cooking, baking and creating recipes.

Nearly 20 years ago, I founded a company, called ***Healing Gourmet®***

Since then, we've become the **world's leading provider of healing recipes and meal plans – combined with science-based education on the power of foods to promote health and protect against disease.**

I've also written more than a dozen books, cookbooks and programs, touting the life-saving benefits of a natural, low-sugar, grain-free, anti-inflammatory diet.

## I Didn't Start Out to Become a Nutrition Expert It All Began When I Became Very Sick...

At the age of 18 – in the midst of an intense pre-medical curriculum – my health took a sudden turn for the worse. My youthful energy gave way to extreme fatigue. I suffered never-ending sinus infections... constant digestive distress... and a trail of sores in my throat that did not heal for months.

After nearly two years of suffering – and no help from dozen doctors – I began to lose hope.

I wasn't sure if my illness would ever end... or if it would be the end of me.

With few options left, **I decided to follow a VERY strict "elimination" diet.**

I should point out this was NOT the recommendation of a doctor. In fact, after seeing more than a dozen doctors – they didn't ask a single question about my diet!

It was a friend who recommended the changes I made to my diet. And while I didn't really expect it to work, I didn't know what else to do...

**To my surprise, my throat began to heal within days. My digestion normalized. I soon regained my energy. And before long, I charted a course back to health.**

Later, I learned I had developed leaky gut – probably the result of **inflammatory grains.** This led to multiple food allergies and intolerances. And it progressed to an autoimmune condition, hence the unrelenting sores in my throat and bone-crushing fatigue.

In other words...

## I Suffered from the Exact Symptoms and Conditions I've Described in this Letter

I was thrilled to regain my health and for the misery to finally be over.

I NEVER wanted to compromise my body again.

But I also began to miss the simple pleasures of the comfort foods I used to enjoy.

**I wanted to enjoy those delicious foods again – especially bread – without worrying about my health or my waistline!**

I had very personal reasons to solve this dietary dilemma!

But I knew I was not alone – and that millions of people would also like to enjoy HEALTHY, grain-free versions of their favorite **buns, biscuits, crusts, rolls, flatbreads** and more...

## I Made it My Mission to Create Better-for-You Breads & Desserts That Taste JUST Like the Real Thing!

I set out to discover how to use **"intelligent ingredients"** to achieve all the attributes you love about bread... *without* the gluten, grains and carbs.

My goal was to create REAL bread with good-for-you ingredients... that was **easy to make** and tasted so delicious it could be served in a fine restaurant.

But I had no idea how hard it would be...

**What I thought might take a few months – took years!**

When I started this journey, the term "gluten-free" was barely on anyone's radar.

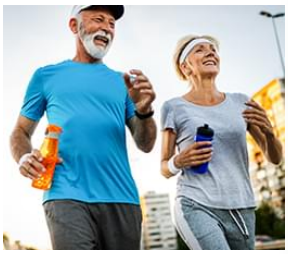
Grain-free bread and dessert recipes were almost nonexistent—and the few that did exist often yielded disappointing results. There were no store-bought products to emulate, no guidebooks to rely on, and no community to turn to for support.

Yet, through persistence and countless hours in the kitchen, **I cracked the code to create recipes that are not only healthy but genuinely delicious.**

And I'm not the only one who has experienced this transformation.

Hundreds of people have shared how these recipes have:

**Helped them shed stubborn weight**



**Boosted their energy levels**

**Restored their health & confidence**

## Transform Your Baking, Transform Your Life

Here's what our customers have to report about how the **Ultimate Keto Baking Bundle** has transformed their lives ...

***Before I found your site I was making Gluten-free bread. To my dismay, my blood sugar skyrocketed, my bowels were in agony and my blood pressure was off the charts. The biggest shock was learning that many gluten-free recipes are worse than regular bread!!***

***I perused over 50 cookbooks at the library on gluten-free and they are parroting one another, no scientific basis for their health giving properties. Of course, the upside of all this was finding you!***

★★★★★

**- LuSinda D.**

***Keto works for me! I LOVE carbs and sugar, but they make me feel rough in all kinds of ways! When I eat keto I miss certain breads, muffins and cookies. Today, I made your Keto Dinner Rolls. I was skeptical, having tried "Bulletproof bread" which is quite horrible!***

***These rolls are absolutely perfect! I love them! I am taking some to a friend and will make more tomorrow. Thanks so much for your recipes!***

★★★★★

**- Jo S.**

***I am 73 and have suffered arthritis for 28 years. I've had increased swelling and inflammation recently and decided something must be done. After reading your books, my son and I emptied the cupboards of everything containing wheat and grains.***

***After several weeks the pains became bearable and the inflammation receded. Then my son gave me one bread roll (to use them up) and I was right back where I started! Proof that it is in the bread!***

***I am now adamant that I would rather go without than touch that stuff again! We love baking your healthy breads, which taste so much better.***

★★★★★

**- Brenda D.**

***I just baked your Focaccia last night. I'm in awe how good it is! Fluffy, flavorful, healthful grain-free bread – just amazing! All your recipes have been as good as promised. I am forever grateful. You've made eating grain free easy!***

★★★★★

**- Mary K.**

*I feel better when not eating gluten and sugar. Clearer skin, no more brain fog and lots of energy! But I also have a passion – no, make that an addiction – to sweets. You have helped me tremendously! Other "healthy" dessert recipes don't compare taste-wise to yours*

★★★★★ **- Wendy K.**

*I was desperate because I've been off sugar since January and I needed some of my old comfort foods. I made your brownies last night and ate one before bed. Oh my gosh, crazy good!!! My hubby will think he has died and gone to heaven. We have had no treats, the poor guy! So many great recipes in your book, but the brownies alone were worth the purchase!*

★★★★★ **- Tara M.**

*Finding you was a blessing! Sticking to a gluten, grain and dairy free diet can be very difficult – especially when you're craving something sweet. I always strayed to satisfy a craving. But NOT anymore! I'm so impressed. No blood sugar spikes, no weird ingredients, easy instructions and NO GUILT!*

★★★★★ **- L. Niederstadt**

The ***Ultimate Keto Baking Bundle*** doesn't just provide recipes—it's a complete toolkit to help you enjoy comfort foods while transforming your health and reaching your goals.

But creating these recipes wasn't easy...

## To Succeed I Had to Literally Reinvent the Rules of Baking

You see, **baking is the science of chemistry.**

And baking with grain-free, low-glycemic ingredients is an EXACT science.

Sometimes just one extra teaspoon of ONE ingredient can turn something delicious... into a disaster.

You cannot simply replace wheat flour with almond or coconut flour and expect a recipe to "magically" achieve the characteristics of bread.

And don't forget – **many of the properties we love most about bread are because of gluten!**

Gluten helps create that crusty-on-the-outside, chewy-on-the-inside texture. It provides stability and structure and helps bread to rise. It is what makes pizza dough crusty, chewy and stretchy.

It wasn't easy to achieve all the attributes of grain-based based breads... *without* the grain.

I had to discover how to use new ingredients – testing hundreds of combinations over and over again – while documenting every experiment.

But after all those years of trial and error...

# I Finally "Cracked the Code" to Create Good-for-You Breads & Desserts Just as Delicious as the Classic Originals!

Around 2006, **Healing Gourmet** published our first breads and dessert recipes in two books called, ***Better Breads™*** *and* ***Guilt-Free Desserts™.***

We knew a "few" people wanted to enjoy healthy breads and desserts, but we had no idea the response these books would generate. *Better Breads* was especially successful, as more than 100,000 people discovered **you really can have your bread… AND be well too.™**

People from around the world wrote to tell me how happy they were enjoying bread and dessert again – without worrying about the gluten, grains, carbs, inflammatory oils and other unhealthy ingredients.

Some of these people had not eaten bread or dessert – or anything like it – for years. The ingredients in traditional comfort foods were simply too damaging to their health.

We heard stories of people crying tears of joy, being able to bite into a real sandwich again. Others were simply grateful they could enjoy a warm chocolate chip cookie – without cheating on their healthy diet!

We were thankful for the praise, but we knew the recipes could be even better…

# We Also Knew Our Healthy Breads & Desserts would be PERFECT for the Ketogenic Diet!

So, we selected the best of the best and I went back into the test kitchen.

I continued tweaking and testing…

Making preparation methods simpler… improving the mix of ingredients… adding new recipes to the collection – **and making sure each one was aligned with the "Magic Macros™" of the keto diet.**

Every recipe was carefully tested, until we achieved the perfect texture, crumb and ease of preparation.

And I refused to settle for anything less than extraordinary taste…

I continued improving until every recipe was perfect – **and perfectly keto friendly!**

Today, I'm proud to introduce the results of those efforts and announce Healing Gourmet's greatest grain-free breads and desserts in our **ULTIMATE Keto Baking Bundle** …

## The ULTIMATE Keto Baking Bundle

## Your Complete Guide to Guilt-Free Baking: 90 Keto Breads & Desserts with 5g Net Carbs or Less — So You Can Stay on Track While Indulging!

KETO Breads
INCLUDING 30 KETO FRIENDLY BREADS WITH 5 G NET CARBS OR LESS!
www.HealingGourmet.com
KETO Desserts
Your Guide to Keto Baking
INCLUDING 55+ SIMPLE & DELICIOUS, GRAIN-FREE, KETO & PALEO DESSERT RECIPES
www.HealingGourmet.com

The recipes in these books represent more than a decade of dedicated efforts in the Healing Gourmet® test kitchen.

Each one uses **functional ingredients** that actually protect – not wreck – your health.

These breads and desserts are truly **metabolic power foods** that can help you sculpt a lean physique, instead of puffing up your muffin top!

And yet they are so authentically delicious, you'll never miss the grain and carb-filled foods you used to eat. I'm talking about **REAL BREADS and DESSERTS...** as good as any you've ever tasted!

And because these sweet and savory treats are **TRULY HEALTHY**, you can...

- **Have a second serving**
- **Enjoy dessert as a snack**
- **Have a cupcake for breakfast**

You can even have your dessert BEFORE dinner if you want!

I've been baking and creating grain-free, low-carb comforts for a long time – and I assure you, there is NOTHING else like this.

These reimagined versions of your favorite classics **taste JUST LIKE the real thing!**

And because the knowledge to make good decisions is your greatest asset when it comes to your health, I want to provide you with an immensely valuable incentive...

## Order the Ultimate Keto Baking Bundle TODAY and Unlock These Exclusive FREE Bonuses to Elevate Your Keto Journey!

**FREE Bonus #1**

**Keto Comforts:**
7-Day Meal Plan
(Valued at $19)

Craving cozy, satisfying meals while staying on track with keto?

This **7-Day Keto Comforts Meal Plan** is designed to help you enjoy **hearty, comforting dishes** that keep your body in fat-burning mode—without sacrificing flavor or results.

Inside, you'll discover:

- **7 Days of Delicious, Comforting Meals** — Think classic sandwiches paired with savory soups, warm, cheesy casseroles and satisfying dinners that nourish and delight.
- **Perfectly Balanced Macros** — Each meal is crafted to help you stay in ketosis while keeping you full and energized.
- **Easy-to-Follow Recipes** — No complicated steps—just simple, wholesome ingredients for everyday comfort.
- **Complete Keto Shopping List** — Everything you need for a week of stress-free, low-carb comfort food.

Whether you're craving **soul-soothing meals** for a cozy weeknight dinner or special occasion, this **7-Day Keto Comforts Meal Plan** makes it easy to stay **satisfied and successful** on keto.

## FREE Bonus #2

### Keto Spreads:

**Delicious Pairings for Your Keto Breads**
(Valued at $19)

What's bread without the perfect topping?

In this exclusive **Keto Condiments & Spreads Recipe Book**, you'll discover how to take your **Keto Breads™** to the next level with **mouthwatering, healthy spreads** that elevate every bite—while staying 100% keto-approved!

Inside, you'll get:

- **Rich, Buttery Spreads & Infused Ghee** — Perfect for warm, crusty loaves or flaky biscuits.
- **Savory Keto Dips & Pestos** — Ideal for hearty sandwiches or as a dip for grain-free crackers.
- **Sweet, Sugar-Free Jams & Nut Butters** — Delicious on toast, muffins, and bagels —without the sugar crash!
- **Simple Ingredients & Easy Prep** — So you can whip up these gourmet spreads in minutes.

Whether you're craving a **creamy almond butter, zesty herbed butter,** or a **decadent sugar-free jam**, this collection makes it easy to enjoy **guilt-free indulgence** alongside your **Keto Breads™.**

## FREE Bonus #3

### Keto Make-Ahead Breakfasts

(Valued at $19)

Start your mornings stress-free and delicious with this collection of keto-friendly, make-ahead, freezer-friendly recipes. Perfect for busy days or leisurely weekends, these breakfasts keep you fueled and in ketosis:

**Cheesy Keto Casserole —** A hearty dish that's perfect for meal prep.

- **Savory Keto Egg Muffins —** Packed with protein and veggies for grab-and-go mornings.
- **Cheesy Bacon Quiches —** Rich, satisfying, and freezer-ready for quick reheats.
- **Keto Toaster Pastries —** A nostalgic favorite, reimagined for keto!

- **Keto Belgian Waffles —** Crispy on the outside, fluffy on the inside.
- **Keto Blueberry Muffins —** Sweet, tender, and bursting with flavor.

Each recipe includes:

- **Simple Prep & Storage Instructions —** Make in batches, store in the freezer, and reheat in minutes.
- **Full Nutritional Info —** Know exactly how every serving supports your keto goals.

Enjoy the convenience of delicious, ready-to-go breakfasts that keep you on track and fully satisfied.

**FREE Bonus #4**

## The Truth About Sugar

(Valued at $19)

You already know sugar is bad for your health... but the whole truth about sugar is even more shocking than you might think.

**Discover how hidden sweeteners may be sabotaging your progress—and the game-changing swaps that keep cravings at bay.**

In this eye-opening report, **The Truth About Sugar**, you'll discover the disturbing reality behind the sweeteners marketed as "healthy" and even "ideal for people with diabetes."

Here's the shocking truth: these so-called "healthy sweeteners" are not only dangerous—they're fueling the rise of insulin resistance, metabolic syndrome, obesity, heart disease, Alzheimer's, and even cancer.

**Inside this must-read report, you'll uncover:**

- How one popular sweetener increases fat storage **3,900% faster** than glucose
- The frightening link between sugar and "organ-crippling" visceral fat
- Why sugar accelerates aging by **900%** through a process called glycation
- How it slashes leptin (your "stop eating" hormone) by 50%, fueling uncontrollable cravings
- Shocking research showing how sugar triggers **4,704% more free radicals**, wreaking havoc on your body
- The hidden dangers of "heart attack particles" and how they spike **807% higher** with certain sugars
- The dark connection between sugar and how it helps cancer grow and spread
- Packed with groundbreaking research, this report will forever change how you see sugar—and those promoting it as "healthy."

**Protect yourself and your family** by learning the truth that even some doctors and nutritionists won't tell you.

These are the tips and techniques I've honed over 20 years, ensuring that every recipe works beautifully – even if you're new to keto or baking.

In all, you'll enjoy over 100 carefully crafted keto recipes designed to satisfy your every craving, coupled with all of the tips and tricks to make every keto creation that comes out of your oven an absolute masterpiece!

And before I reveal your discount, please consider...

# Everything You Get When You Order the Ultimate Keto Baking Bundle TODAY!

**Let's sum up what you will receive toady:**

- **Keto Breads™ - ($24.95 Value)**
- **Keto Desserts™ - ($24.95 Value)**
- **Keto Comforts Meal Plan - ($19 Value)**
- **Keto Spreads - ($19 Value)**
- **Keto Make-Ahead Breakfasts - ($19 Value)**
- **The Truth About Sugar - ($19 Value)**

**Total Value: $126**

Of course, the true value of being able to enjoy all of your sweet and savory bakery favorites again (without the health-harming consequences) are priceless!

In fact, if you add up the value of everything you get, it's **easily worth over $100.**

The great news is, you won't pay anything close to that today...

In fact, you won't pay even half of that.

**The full retail price for this program – including my dedicated support and everything you see above – is just $48.**

And fortunately, you won't even pay full price, because you can...

## Enjoy All the Keto Baking Tips, Tricks, And Secrets in This Exclusive Bundle,

***Plus 100 Irresistibly Simple & Delicious Keto Recipes***

## All for just $24 + $5.95 Shipping & Handling!

## Your Price Today:

**$24**

**+ 5.95 S&H**

**GET STARTED NOW**

Your Order will be Delivered Instantly!
Protected by 60-day Unconditional Guarantee.

When you can enjoy HEALTHY breads and desserts, your temptation to “fall off the keto wagon” will be gone!

Still not convinced?

Check out a few more notes of appreciation from our Happy Customers...

***Your Better Banana Bread is the best!! Granted, I have only tried two recipes. But I’ve made that banana bread 20 times. My partner and I can eat a whole loaf in a day and feel fabulous – no sugar overload or heavy guts!! Even better, the scales have not changed even when two loaves are consumed in a weekend between the two of us!***

★★★★★ **- Sally H.**

***GOD, have I missed bread! So far, I’ve made loaves, biscuits, hoagies and croutons. It feels unreal to eat these things and not feel terrible afterward. I feel great and fully satisfied. This is always going to be part of my routine. I don’t stray because all of my cravings are totally fulfilled.***

★★★★★ **- Laura N.**

***I was having a really hard time with various "keto" bread recipes (too eggy and spongy). That is until I stumbled on yours. OMG!!! You saved me from falling off the keto train. This is by far the best bread recipe I’ve ever tried. It takes the crown! I’ve made it twice. Both times it came out perfect. Thank you from the bottom of my belly!***

★★★★★ **- Kelly**